

# Case Study: Rehabilitation Partnership Benefits COVID Recovery



Health systems have found significant quality improvement and cost savings through joint-venture and acute rehabilitation management partnership. COVID-19 further highlighted the importance of having an expert rehabilitation partner to help meet the increasing demand while continuing to provide excellent outcomes. Through strategic partnerships, Kindred-managed rehabilitation hospitals and units have been able to rebound faster than self-managed programs.

Read this Q&A by Kindred Rehabilitation Services President Russ Bailey, and Mary Van de Kamp, Senior Vice President, Quality and Care Management, to explore how strategic partnerships will continue to benefit acute care hospitals even after the pandemic subsides.

**Q: In the midst of a national health emergency, how can strategic partnerships offer more key benefits and relief to hospitals than ever before?**

**Russ Bailey:** Throughout the national health emergency, strategic partnerships continue to provide essential resources and benefits to health systems. Partnering with a rehabilitation management expert allows hospitals to focus on what they do best, which is delivering critical care. Throughout COVID-19, these partnerships have also ensured the appropriate allocation of resources including staff, PPE, program adaptation and more, all while maintaining proper quality and infection control protocols – enabling patients to receive the highest quality care in the best care setting.

**Mary Van de Kamp:** Further, the extensive treatment criteria provided by inpatient rehabilitation hospitals or acute rehabilitation units is defined more than any other post-acute setting in terms of specialized nursing and a medical model aligned with frequent physician visits.

This criteria, coupled with a strategic partnership model, was shown to be especially vital throughout the initial surges of COVID-19 as hospitals experiencing bed shortages were able to quickly move patients to rehabilitation beds at a much faster pace than prior to the pandemic.

**Q: For patients diagnosed with COVID-19, how do partnerships between hospitals and acute inpatient rehabilitation units benefit their recovery?**

**Russ Bailey:** Through these strategic partnerships, patients have seen the positive impacts firsthand due to improved operations and program optimization aimed at providing efficient and effective care. Patients have been able to move quickly and seamlessly to acute inpatient rehabilitation, where they are mobilizing earlier, allowing for a quicker recovery and fewer downstream complications. In fact, recent data has shown that patients recovering in an inpatient setting are returning home sooner than they would have prior to the pandemic.

**Q: How have Kindred partner hospitals performed throughout COVID-19 compared to other providers?**

**Russ Bailey:** Kindred partner hospitals have continued to show tremendous resilience and predictability in an otherwise unpredictable environment due to COVID-19. This is further demonstrated in recent data showing that compared to UDS, the national database for inpatient rehabilitation, during the pandemic Kindred-managed facilities experienced:

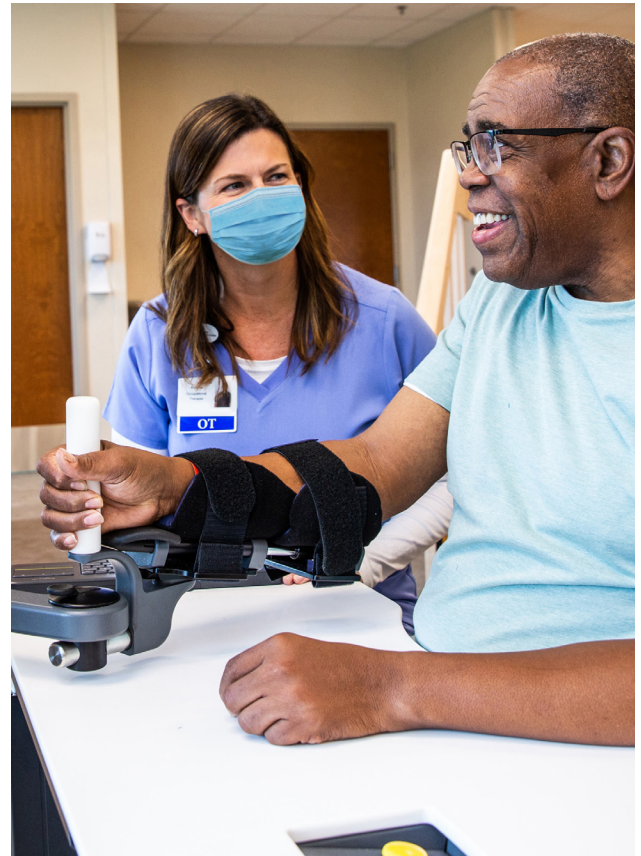
- Higher rates of discharge to community
- Greater functional efficiency gains
- Shorter length of stays
- Lower rehospitalization rates

*\*Data from April 2020 – January 2021*

## Outperforming Benchmarks Through Partnership

Through expertise and support from a joint-venture or acute rehabilitation management agreement, Kindred partner hospitals have been able to achieve strong clinical performance through best practices and protocols including:

- Providing facilities with access to the latest patient trends and data at a national and local level. Kindred's size and scale allows them to quickly identify and react to changes in the data.
- Successfully relieving ICU and bed capacity challenges by accepting both COVID and non-COVID patients requiring acute rehabilitation.
- Developing new clinical programing, an in-depth resource center and training specifically for COVID-19 patient recovery. Facilities receive the latest guidelines, interdisciplinary team care plans and best practices from the leading programs across the country – all created to help provide high-quality care and faster recovery.
- Updating processes and procedures to comply with adjusted CMS policies, ensuring optimal operations and greater patient access. Kindred-managed facilities were even able to quickly expand bed capacity to respond to the demand.
- Implementing the latest innovative solutions to help improve patient engagement and facility operations. For instance, Kindred's proprietary app, RehabTracker, helps keep patients engaged with their recovery journey and connected with loved ones despite visitor restrictions.



Although the pandemic will have lasting impacts on the industry as a whole, Kindred is ready to help partners navigate the continued challenges ahead while always staying focused on the patient and providing excellent clinical and quality outcomes.

Kindred Rehabilitation Services delivers high-quality patient outcomes to over 160,000 patients each year. To learn how Kindred can help your rehabilitation program navigate the challenges ahead, while also providing high-quality care, visit [www.Kindredrehab.com](http://www.Kindredrehab.com).